



HelloFresh

Everything
But The Chef

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Soy Marinated Pork with Crunchy Potato Medley

What makes good food great? Often, it's about more than what we can taste that elevates a meal to the truly memorable. It's about textures; crunchy sugar snap peas against creamy potatoes. It's about scents; the aroma of freshly crushed mint wafting through the air. Above all, it's about good company. Gather your favourite dinner party guests together and enjoy this tender pork and easy fresh salad.

 **Prep:** 10 mins
 **Cook:** 30 mins
Total: 40 mins

 level 1

 lactose free

 gluten free

 high protein

 spicy

Pantry Items



Pork Loin



Potatoes



Spring Onions



Mint



Long Red Chilli



Carrot



Sugar Snap Peas

2P	4P	Ingredients
2 steaks	4 steaks	pork loin
1 ½ tbs	3 tbs	salt-reduced soy sauce *
400 g	800 g	potatoes, quartered
1 tbs	2 tbs	olive oil *
1 bunch	2 bunches	spring onions, finely sliced
½ bunch	1 bunch	mint, roughly chopped
1	2	long red chilli, deseeded & sliced
1	2	carrot, peeled & grated
100 g	200 g	sugar snap peas, trimmed & cut into strips
1 tbs	2 tbs	white wine vinegar *

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1900	Kj
Protein	44.5	g
Fat, total	13.4	g
-saturated	2.3	g
Carbohydrate	34.1	g
-sugars	7.3	g
Sodium	997	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chopping board, chef's knife, vegetable peeler, grater, medium bowl, oven tray lined with baking paper, salad bowl, aluminium foil, and a plate.*

1 Preheat the oven to **220°C/200°C** fan-forced.

2 In a medium bowl, marinate the **pork loin steaks** in the **soy sauce** with a good grind of black pepper.

3 Place the **potatoes** onto the lined oven tray, drizzle with the **olive oil**, season with **salt** and **pepper** and toss to combine. Cook the potatoes in the oven for **25 minutes** or until golden and crunchy.

4 Place the **spring onion**, **mint**, **long red chilli**, **carrot**, and **sugar snap peas** into a salad bowl and toss to combine. Set aside.

5 Heat a dash of olive oil in a pan over a medium-high heat. Add the pork and cook for **3-4 minutes** on each side or until just cooked through. Remove the pork from the pan and cover with aluminium foil. Rest for **5 minutes**.

6 Add the potatoes to the salad bowl. Toss with the **white wine vinegar**, a drizzle of olive oil and season with salt and pepper.

7 Divide the potato salad between plates and then serve the pork steaks on the side.



Did you know? Soy sauce was invented in China and has been used for close to 2,500 years!